

Disturbances in equilibrium function after major earthquake.

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Supplementary Table 1. Japan Meteorological Agency seismic intensity.

| Magnitude-Shindo | Instrumental | Peak ground | Perception and actions in humans |
|------------------|-------------------|------------------------------|--|
| Number | seismic intensity | acceleration | |
| 0 | <0.5 | <0.008 m/s ² | A seismograph records the quake but it is imperceptible to people. |
| 1 | 0.5–1.5 | 0.008–0.025 m/s ² | A few people indoors feel the quake if they remain quiet. |
| 2 | 1.5–2.5 | 0.025–0.08 m/s ² | Most people indoors feel the quake if they remain quiet. Some wake from sleep. |
| 3 | 2.5–3.5 | 0.08–0.25 m/s ² | Most people indoors feel the quake. Some people are frightened. |
| 4 | 3.5–4.5 | 0.25–0.80 m/s ² | Many people are frightened. Some people try to escape from danger. |
| 5-lower | 4.5–5.0 | 0.80–1.40 m/s ² | Most people try to escape from danger. Some people find it difficult to move. |

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| 5-upper | 5.0–5.5 | 1.40–2.50 m/s ² | Many people are very frightened and find it difficult to move. |
| 6-lower | 5.5–6.0 | 2.50–3.15 m/s ² | It is difficult to stay standing. |
| 6-upper | 6.0–6.5 | 3.15–4.00 m/s ² | It is very difficult to move without crawling. |
| 7 | >6.5 | >4.00 m/s ² | It is very difficult to act of one's own will. |

The JMA Scale runs from 0 to 7, with 7 being the strongest. The scale is divided into 10 levels. Real-time earthquake reports are calculated automatically from measurements of ground acceleration.